

Indian Health Service 2012 NATIONAL BEHAVIORAL HEALTH CONFERENCE

Welcome

Warrior's Creating Peace
Batterer's Intervention Program
Mark Owens



Mobilizing Partnerships to Promote Wellness

House Keeping

- Please be sure to sign in and out on the Sign In Sheets located near the entrance to this room.
- Please complete the evaluation at the end of this presentation.
- For more information on Continuing Education Units (CEUs), please visit the Registration Desk

Comfort Room

- To promote wellness and self-care, a Comfort Room is available in Room XXX for your use.
- If you need further assistance, please visit the Indian Health Service Division of Behavioral Health booth.

Partnerships

- By having multiple referrals and agency partners, our program is able to treat multi dimensional problems. As a program we are responsible to local county probation and state parole. By having relationships with agents and officers on a government level, we as a program are able to treat our clients as individuals. As an agency we are able to refer in house or to different providers to better give treatment out side our modalities. By referring outside our specialties we are able to connect with other individual professionals and agencies, thus receiving referrals back from those same agencies. An intelligent person knows what they don't know "Quote". Timeliness, professional administration and professional flexibility have been key to getting regular referrals.

Sustainability

- In 2010 Sonoma County health Project received a mini grant to start our first men's BIP. In 2011 SCIHP received another mini grant to continue our men's BIP and start our first Women's BIP. California state Law 1203.097 and .098 requires that we charge clients a fee for treatment. The spirit of the law is for clients to learn, prove and or practice accountability. We are able to cover a majority of our program cost by charging fees. As a program we regularly watch for different grants. Being consistent with our schedule to clients, other providers and government agencies promotes a reputation of professional integrity.

References:

- CA Penal Code 1203.097 &.098
- Duluth -Domestic Violence Intervention Program model?
- Dr. Angela Browne- Miller PHD
- Dr. Edward Gondolf PHD
- John Hamel LCSW
- White Bison, Wellbriety curriculum
- Red road to Wellbriety

Contact Information

- Mark Owens- indigenouthealing@yahoo.com
- Cell phone (707)246-7715
- Sonoma County Indian Health Project
Behavioral health Department (BIP)
144 Stony Point Road
Santa Rosa CA, 95403
- General information(707) 521-4550



Crisis Hotline Numbers

Suicide Prevention Lifeline Number:

- 1-800-273-TALK (8255)

National Domestic Violence Hotline:

- 1-800-799-SAFE (7233) or TTY 1-800-787-3224

National Child Abuse Hotline:

- 1-800-4-A-CHILD

Sexual Assault Hotline:

- 1-800-262-9800
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Stage One

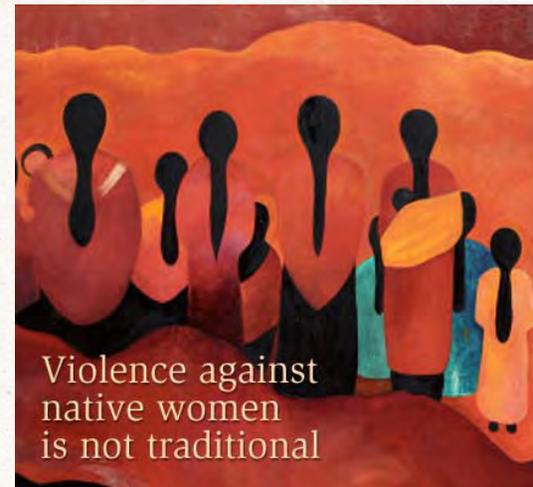
Warriors Creating Peace

Women's Class

Stopping My Violence To My Partner

Learn To Be Aware & Accountable Of...

- My Thoughts
- My Beliefs
- My Feelings
- My Speech
- My Behavior



**Anything That Intimidates, Dominates,
or Violates Others or Self**

Learning To Re-Define Violence & Abuse

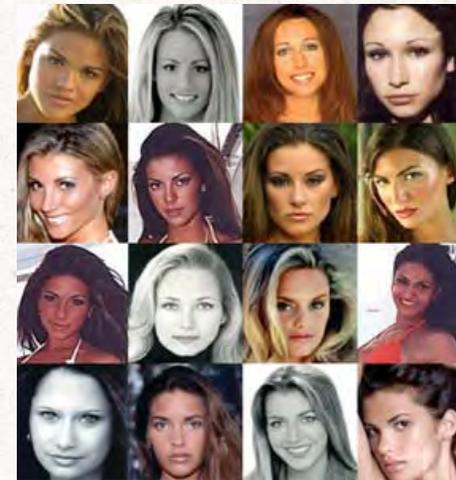
- Types of Violence
 - Physical
 - To/Around
 - Emotional
 - Verbal
 - Sexual
 - Energy
- Destructive Impact
 - Partner
 - Children
 - Family/Community
 - Self



Gender Based Analysis

(Result of Patriarchal Culture and Conditioning)

- **Analysis Results**
 - The experience
 - Not a women's experience
 - Not a man's experience



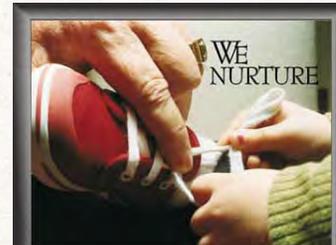
**Your Violence Is the Enforcement End of a False and Dangerous
Belief System Based on Your Imagined Superiority**

Learning New Actions and Communication Skills To Connect Safely

○ My Partner

○ Nurturing Myself

○ Taking Care of
My Needs



All In A Peaceful Way!

Society Is Transforming From Their Partners Violence

- Children To Be Safe
- Women To Be Safe
- Men To Be Safe



Violence In Today's Society

- Denial
- Blaming
- Minimizing
- Collusion



Is No Longer Being Tolerated

Legal System Transformation

New Policies Being Enforced Towards Domestic Violence

- Zero Tolerance
- Pro Arrest
- Dominant Aggressor



Personal Transformation

Men Must Change Their Belief of Superiority To One of Equality In Order To Be Safe and Nurturing

- Denial
- Blaming
- Minimizing
- Collusion

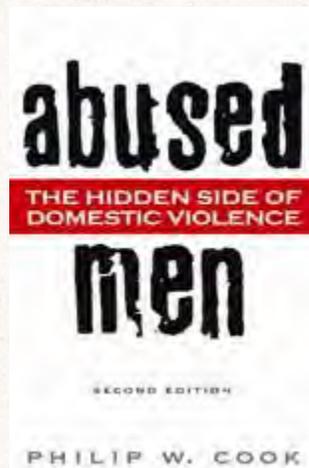


Eliminate False Beliefs To Stop Your Violence

Definition Of Abuse

(California Penal Code: Title 5 Chapter 1 Section 13700a)

Intentionally or recklessly causing or attempting to cause bodily injury, or placing another person in reasonable apprehension of imminent serious bodily injury to himself or herself, or another.



Definition Of Violence

Crossing boundaries without permission, with the intent and/or the result to control or coerce your partner.

○ Control

- To limit by fear
- To measure to a role



○ Coerce

- To force into a role
- To force your will on another



Their Experience of You Is Crucial

Types Of Violence

Anything that takes away another's right to life, liberty, happiness, safety, or imposes your will.

○ Physical

○ To / Around

○ Verbal (tone/volume)

○ Threaten

○ Thingify

○ Trivialize (diminish)

Domestic Violence



Types Of Violence (con't)

Anything that takes away someone's right to life, liberty, happiness, safety, or imposes your will.

○ Emotional

○ Withholding self, using emotions to control

○ Economic

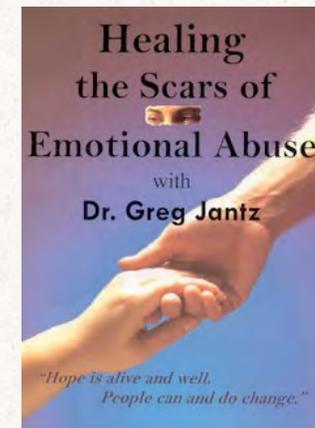
○ Withholding mutual resources

○ Energy

○ Putting out negative energy

○ Sexual

○ Forcing or withholding or using sex to control/coerce (objectifying)





Legal System Of Violence

○ Possible Criminal Charges

- False Imprisonment
- Battery
- Assault
- Child Endangerment
- Criminal Threats
- Disturbing the Peace

Styles Of Violence

Coerce, Control, and Abuse

○ Attack



○ Defend

○ Withdraw



Impact of Domestic Violence

Those Who Are Affected



**Is The
Impact
Negative
Or
Positive?**

Impact of Domestic Violence

Negative Impact

- Impacts
 - Body
 - Mind
 - Emotions
 - Finances
 - Relationships

**Has Impact In Every Way
You Can Imagine and In
Some Ways You May Find
Hard To Imagine**



Impact on Partner

- Physical
- Mental
- Emotional
- Financial
- Sexual



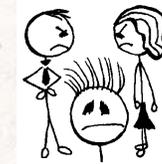
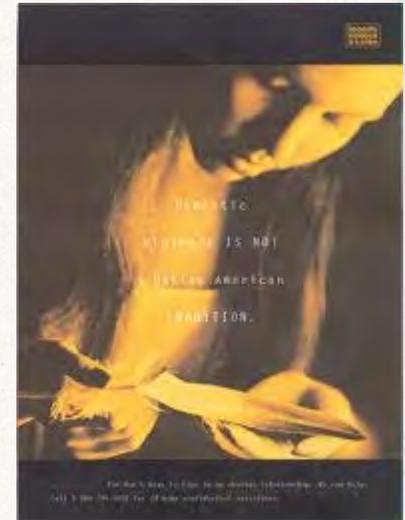
Impact on Partner (con't)

- Relations With Children
- Self Esteem
- Friends and Family Members
- Future Relations With Other Men



Impact On Children

- Physical
- Psychological / Emotional
- Social Impact
 - Love and violence go hand in hand
- School
 - Are they ready to learn?
- Passing From Generation to Generation



Walking on Egg Shells

○ Partner and Children

- Unable to feel safe in their own home
- Unable to be their Authentic Self
- Unable to trust



LOVE SHOULD NOT MEAN FEAR



Who Is Impacted?

- Family/Community

- Police/Fire Dept.

- Courts

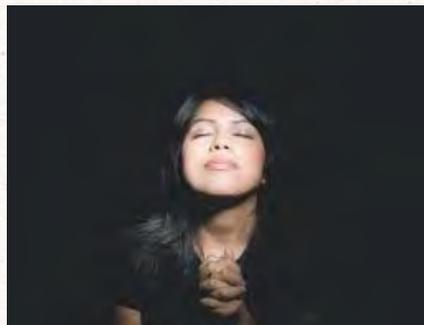
- Education System

- Shelters

- Neighbors

- Friends

- Schools



How I Am Impacted?

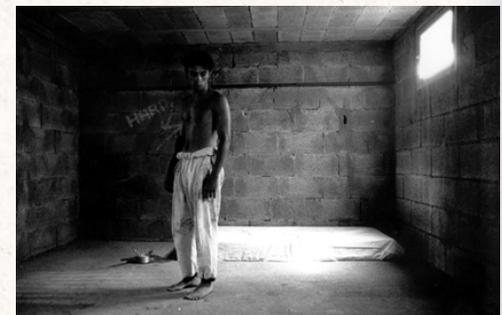
○ Loneliness

○ Loss of love

○ Loved ones move away from you

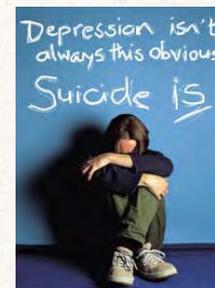
○ Unable To Trust Yourself

○ Unable To Be Your Authentic Self



How Am I Impacted? (con't)

- Financial Impact
 - Court fines
 - Lawyer fees
 - Divorce
- Social Impact
 - Loss of intimacy
 - with self
 - with others
- Emotional Impact
 - Loss of self-esteem
- Physical Impact
 - Arrest / Jail time
 - Living alone
- Health
 - Drugs & Alcohol
 - Depression
 - Suicide



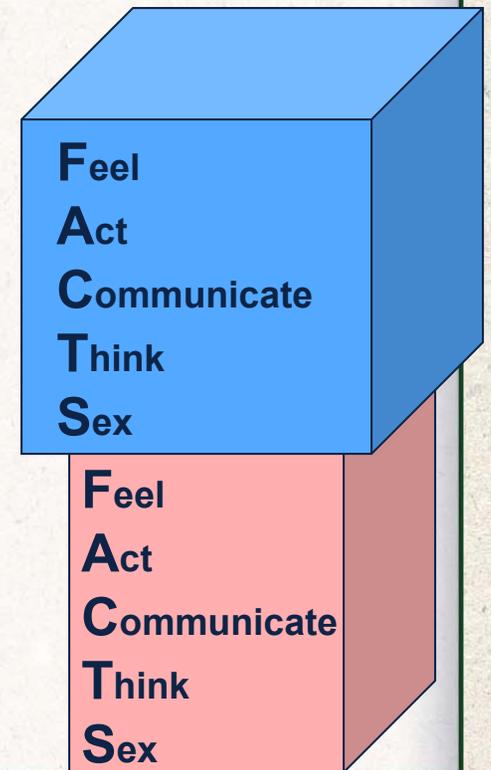
Trained To Live In a

BOX

**Maintain My Role and Make Sure
He Is In His Role**

○ Training Beliefs

- Get love and respect if we stay in our box
- Get love and respect if we make sure he stays in his box



Trained To Live In a **BOX**

Maintain My Role and Make Sure
He Is In His Role

○ My Role

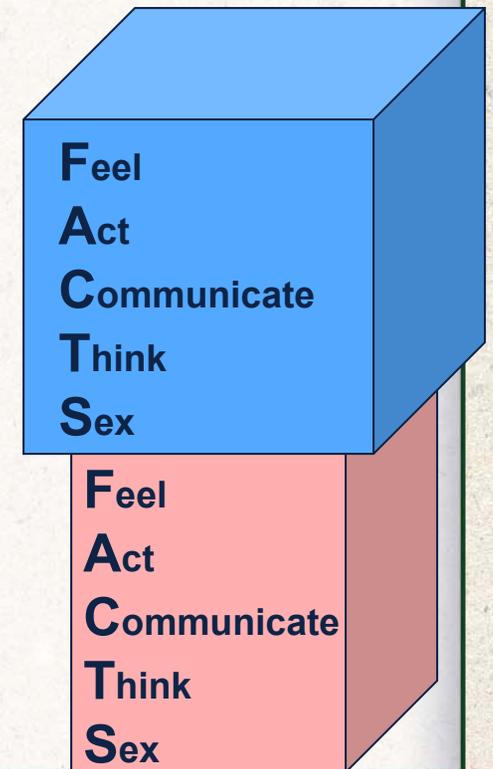
- Acting the part of a Real Independent Woman
- Being who I have been trained to be

○ Training

- Conscious
- Unconscious
- I am Superior

○ He Holds Up Your Box

- His job is to make me feel like the woman I have to be



The FACTS of the **BOX**

Taught how we should **FEEL** and how she should feel.

Taught to **ACT** like a Real Man, to be in a role.

Taught to **COMMUNICATE** as an authority: demands, commands, orders, interrogative questioning; Taught to listen as an authority (BS Filter / KFUUCK).

Taught to **THINK** that we are superior and that She should be subservient.

Taught roles and attitudes about our **SEX**uality And hers.

Feel
Act
Communicate
Think
Sex

Don't We Feel Trapped In the Box?

Out of the **BOX** Feelings

I Can't Be Real Independent
If I Acknowledge or Express These Feelings

In the Box

- Anger
- Rage
- Violence

= Independent

Out of the Box

- Fear
- Pain
- Sadness

= Image Dying

Imagined Death Feels Like the Real Death

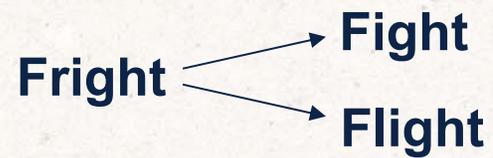
Spend a Lifetime Changing Someone Else...

- **Can't Stop Body From Fatal Peril**
 - Can't find car keys, money, etc.
- **Can Stop Body From Fatal Event**
 - Breathing
 - Soften





Fatal Peril



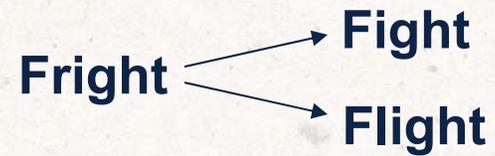
○ Deadly Fear of Image Dying

- False Alarm
- Body Signs
 - Tense
 - Tightness
 - Contraction
- Head Tapes
- Story
- Feelings





Fatal Peril (Cont.)



○ Use of Violence

- Force partner back in the box
- Subtle
- Escalate
- Intimidate
- Coerce
- Abuse



Whatever It Takes To Get Her Back in the Box

Learning New Actions and Communication Skills That Takes Us Out Of The Box To Connect Safely

- My Partner
- Nurturing Myself
- Taking Care of
My Needs



All In A Peaceful Way!

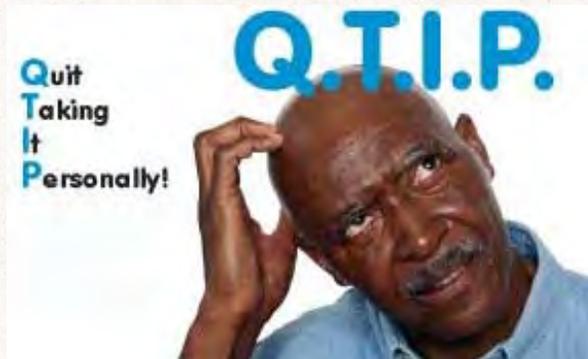
Creating Intimacy With Ourselves

Know the Tools

- **The 4 A's**
 - **Attention**
 - **Acceptance**
 - **Appreciation**
 - **Affection**



Also With Our Partner, Children, and Others



Q-TIP

Know the Tools

What others say is a projection of their own reality.

Based on their past experiences, their interpretation of now or their imagined future.

When you are immune to your “MRBS” training you won’t be the victim of needless suffering.



Peace Maker

No Matter What

No matter what he does... No matter how he does it
No matter what he says... No matter how he says it
No matter what he thinks... No matter what I think
No matter what he feels... No matter what I feel

It's up to me to create peace ...



In my heart, with my partner, and in my home

No matter what

I will shift my energy,
relax my body,
replace my thoughts,
and connect safely.



“MRBS” Strategies

Know the Tools

- Damaging and Destructive
 - To get needs met
- New Life Enhancing Tools
 - Love yourself
 - Be confident

